

Drop Point Ergonomics



If a package is too heavy don't lift it!

What is “too heavy?” In general, packages should be easily handled (not too large, stable contents, ability to grip the package is good, package is easily accessible for the lift, the package can be lifted with two hands and without twisting the torso) and should weigh no more than 25 pounds if lifted manually. In all other cases, and particularly when a package is carried down a hall, a cart should be used. A cart should also be used in any case where a person feels the package is too heavy to lift and carry.

The most helpful cart found at the lab is the one pictured above. BUS-4 uses these carts for mail delivery. The cart folds up for use as a two-wheeler or for easy storage. The handle options allow for multiple grips. The carts are manufactured by Magliner and are available from Casters of Albuquerque (505-345-4120) and cost approximately \$294.95 for the Gemini Junior part number MG-ADTJ-1040. The platform can handle up to 1000 pounds in the four-wheel position and 500 pounds when it is used as a hand truck.

Make room to move!

Egress should be at least 30 inches. Avoid lifting in or through spaces where you need to use awkward postures to move a load. Contact your Facility Manager if space is not adequate for moving loads from your drop point. If your facility

manager cannot help you, please contact the Ergonomics Program Manager at 5-3642 or gperez@lanl.gov.

Lifts from the floor should be avoided

A table that is higher than 18" and lower than 29" can be used to place packages above the floor. Heavy boxes should never be placed above shoulder level.

Take a back care class to learn safe lifting technique and stretches

Please contact the Wellness Center for more information: wellness@lanl.gov or 667-7166.
